

# GOPI BIRLA MEMORIAL SCHOOL

---

Grade 10 Physical Education

ANNUAL PLAN

S R Yadav

MONTH	ACTIVITY	EQUIPMENT
April [16]	Throwballl	Ball, Net, Cone
June [17]	Physical Fitness	Mat
July [21]	Carrom	Carom Board , Coins
August [19]	Chess	Chess Board
September [8]	Touch Rugby	Ball, Cone ,Makers
October [19]	Handball	Ball, Cone ,Makers
November [14]	Football	Ball, Cone ,Makers
December [14]	Lezim	Lezim
January [18]	Sports Day	
February [12]	Basketball	Ball, Cone ,Makers
	Exam	